

FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page
<http://www-nehc.med.navy.mil/hp/index.htm>

Friday FACTS

Subscribe to this publication
by visiting our web site.
Click on "Friday Facts"

21 April 2000

"Leadership, Partnership, and Championship"

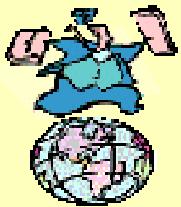
THE HAZARDS OF SUMMER GRILLING

By Catherine Ferdensi
Naval Hospital Cherry Point

The two culprits in the grilling-cancer connection the National Cancer Institute has been studying are HCA's and PAH's. HCA's, heterocyclic amines, are created when meat, poultry are cooked at high temperatures for too long. Meat and poultry have the most HCA's because they contain the amino acids and creatine which convert to HCA's.

Seafood and plant based food produce little or no HCA's. Grilling, roasting, pan-frying, and broiling all produce more HCA's than other cooking methods because they generate more heat. The key to limiting HCA's when cooking is to cook meat thoroughly but not at very high temperatures. PAH's, polycyclic aromatic hydrocarbons, are the chemicals that waft up onto your food whenever fat drips on a flame, heating element, hot coals or when food is cooked to a crisp. The key to preventing PAH's is to stop the fat from dripping on the heat source and not overcooking food.

The following are some tips. Use lean cuts of meat and poultry or better yet use more vegetables and seafood to limit both PAH's and HCA's. Cut meat into small pieces which decreases their cooking time. Thaw frozen meat or poultry in the refrigerator before you cook it so as not to overexpose the meat's surfaces to high temperatures while the inside cooks slowly. Pre-cook meat in the microwave and throw away the juice. For more information contact the National Cancer Institute at: <http://www.meb.uni-bonn.de/cancernet/600325.html>



Working Odd Hours?

Effects of long hours, duty/watch and shift work on the individual, family, relationships and oneself can be inadequate sleep, marital discord, loss of time with children, friends, and stress to mention a few. Keys according to experts on how to manage the different schedules are flexibility, setting up special couple time, lowering expectations, and accepting differences as normal. For more information see the INTERFACE website www.shiftworker.com

Costs of Tobacco Use

The Chicago Tribune published several short articles with graphics on the costs of Tobacco.

Cost of tobacco use to economy, health
<http://cnews.tribune.com/news/image/0,1119,tribune-nation-56609,00.html>

Why nicotine is so addictive
<http://cnews.tribune.com/news/image/0,1119,tribune-nation-56613,00.html>

Tobacco use around the world
<http://cnews.tribune.com/news/image/0,1119,tribune-nation-56606,00.html>

Tobacco and health
<http://cnews.tribune.com/news/image/0,1119,tribune-nation-20777,00.html>

(Thanks to HMC John Alden, Retired yet actively involved with Tobacco education and cessation efforts in Arizona for his contribution!)

*'Beauty is truth, truth beauty,' --
that is all Ye know on Earth,
and all Ye need to know."*

—John Keats